

**Designers, Manufacturers and Suppliers of
Quality Height Safety & Rescue Equipment, Training & Consultancy**

Users Manual

English Version

P&P Man-U-Just

Work Positioning System

Thank you for purchasing this **Man-U-Just System**. Please take time to familiarize yourself with the correct use and operation. It is imperative that this **P&P Man-U-Just System** is only used for its intended purpose and that it is subject to a periodic recorded detailed inspection by a competent person.

To avoid personal injury, prior to using this **P&P Man-U-Just System** or training others to use it, **CAREFULLY READ** and understand these instructions. If there is anything you do not understand **DO NOT** use the **P&P Man-U-Just System**, contact the supplier or **P&P** for further details.

Certain information in this manual is governed by law and is subject to change without prior notice. Great care has been taken to ensure that the information is correct at the time of publication. However, it is the user's sole responsibility to ensure that they fully comply with all legal requirements. **P&P** will not accept liability for any inaccuracy or incorrectly stated legal requirements. **P&P** operate a policy of continual improvement and reserve the right to change specifications without notice. The Manufacturer and / or their recognised agents, directors, employees or insurers will not be held liable for consequential or other damages, losses or expenses in the connection with or by reason of or the inability to use the **P&P Man-U-Just System** for any other purpose.

Note; training should only be delivered by a suitably qualified and competent person, i.e. a **P&P** products trainer.

Description

The **P&P Man-U-Just System** comprises of a 67R 'Man-U-Just rope adjuster used on a 16mm diameter nylon rope with connectors and back splice to prevent the adjuster becoming detached from the rope end. The **Man-U-Just System** is fitted with a 1m long 'Chunkie 100' energy absorbing lanyard to enable a cushioned arrest in the event of a fall.

The **Man-U-Just System** has been tested and approved to BS EN 358: 2000 'Belts for work positioning and restraint and work positioning lanyards'. The attached 'Chunkie 100' energy absorbing lanyard has been tested to BSEN 355:2002 and is to protect against possible misuse. The **Man-U-Just system** should not be used for fall arrest applications, whereby slack and potential free fall is introduced into the lanyard.

Function

The **P&P Man-U-Just System** is used in conjunction with a **P&P** full body harness to EN361 to provide a work positioning or restraint system.

P&P recommend that users are trained in the proper use and practical/physical limitations of this system. Equipment specifiers / users must ensure this device is used with compatible ropes and connectors. Failure to ensure compatibility may result in an unsafe condition or even connector/link failure.

Warning

All work at height including the use of Personal Protective Equipment (PPE) as a control measure is subject to a suitable and sufficient risk assessment.

Usage

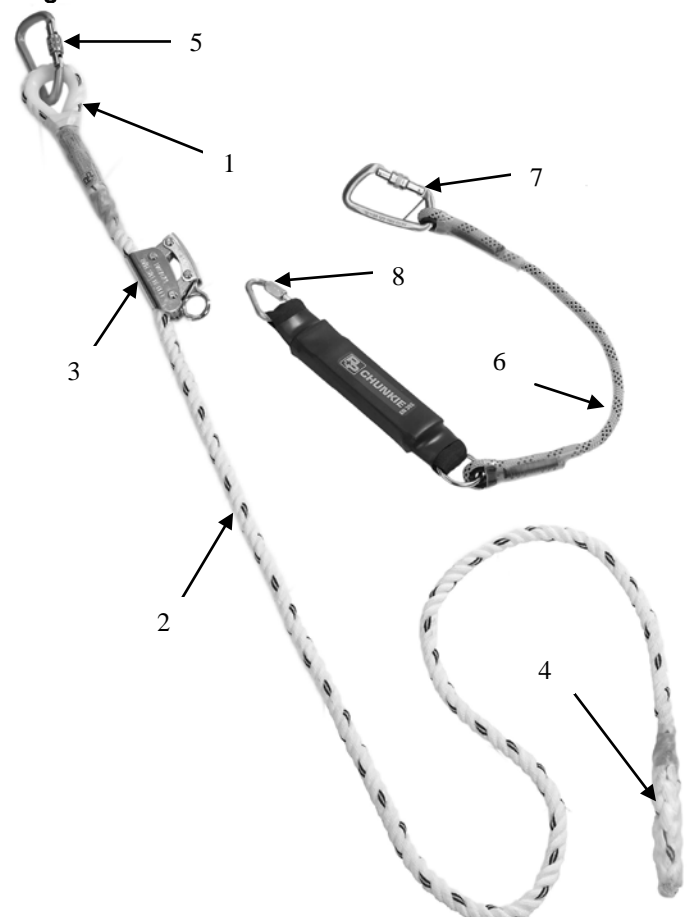
Prior to use a full inspection of every part of the **Man-U-Just System** must be carried out by the user as detailed in this **P&P** manual. This **Man-U-Just system** is for personal use only. Only use EN362 connectors (hooks, karabiners etc.) approved and recommended by **P&P**.

Check the inspection record for this system to ensure that regular inspections have been correctly recorded. It is strongly recommended that the user is given adequate practical training prior to using this system.

DO NOT use the system until you have read and fully understood these instructions.

IF IN DOUBT, CHECK BACK WITH THE SUPPLIER OR P&P.

Diagram 1



1. Rope spliced eye at anchorage end of rope with thimble.
2. 16mm diameter, 3 strand, hawser laid nylon rope.
3. 67R 'Man-U-Just rope length adjuster.
4. Rope back splice to prevent 'Man-U-Just becoming detached from rope end.
5. Screw gate karabiner.

6. 'Chunkie 100' 1m kernmantle rope energy absorbing lanyard.
7. Screw gate captive eye karabiner.
8. Maillon Rapide (Tri-Link) connector.

Using the screw gate karabiner **item 5** in **Diagram 1** attach to a suitable EN795 anchorage point. This may also be a structural strong point with a minimum peak force capability of 12kN. If in doubt a suitable assessment or test must be undertaken to ensure the integrity of any anchor point used.

The 'Chunkie 100 lanyard' must always be used and is connected between the **Man-U-Just** device (**item 3**) and the appropriate attachment 'D' ring of a **P&P** full body harness. The user may choose to have the Tri-link (item 8) attached to the user's harness 'D' ring or to the **Man-U-Just** device. It does not matter which way round the lanyard is connected as long as it is always used and the screw gates are fully tightened.

Before use, check the **Man-U-Just** device properly grips the rope when pulled along the rope away from the spliced eye anchorage. (**item 1**)

The system may now be used to work position the user or to prevent the user reaching a position where a fall is possible. To shorten or lengthen the system rope, slightly relax your body tension on the rope, squeeze the **Man-U-Just**, (**item 3**) to release it's grip and move the rope forward or back through the Man-U-Just rope adjuster to establish a new work position.

Do Not

- Do not use this system until you have read and fully understood these instructions.
- Do not anchor to a structure that itself can fall i.e. loose or unsecure structure.
- Do not loop the rope or lanyard over a structure with sharp edges. Ensure edge radius is greater than 5mm.
- Do not allow the nylon rope to become slack – adjust the Man-U-Just rope adjuster to immediately take up any rope.

Do

- Do inspect the **Man-U-Just** system each and every time before using.
- Do check the **Man-U-Just** rope adjuster for correct operation – before using.
- Do check all connectors are correctly attached and their respective gates properly closed.
- Do check the Maillon Rapide (Tri-link connector) is tight with no thread showing.
- Do adjust the length of the system to ensure it prevents you reaching a position **in any direction** where a severe fall is possible.
- Do check the rope is always kept taut and never allowed to become slack.

This system is fitted with an energy absorber to protect against misuse – the user must never permit the rope to become slack or a situation where a potential free fall is possible.

It is strongly recommended that users are trained in its proper use and practical/physical limitations.

Modifications and Repairs

No repairs, modifications or alterations are to be carried out on this **P&P Man-U-Just System**.

Marking of PPE

Textile products including webbing and rope **must not** be marked using ink or paint. Marker pens and paint will contaminate textile fibres leading to potential damage from material stiffening or even chemical attack.

Plastic or Metal casings of components **must not** be marked by stamping, etching or engraving. These processes may weaken the material or damage protective coatings.

P&P advise that if additional identification is required a tagging system (label or electronic) should be used that does not interfere in any way with the operation of equipment or devices. Contact **P&P** or your supplier for advice on additional labelling.

Rescue Plan

Rescue Plan

As part of your risk assessment you **MUST** have in place a rescue plan to deal with any emergency, which may occur during use. Access to the user, directly or indirectly and their safe retrieval is of paramount importance, including preparations for dealing with potential Post Fall Suspension Syncope

Inspection

This manual contains a Declaration of Conformity on the back page and a section for recording Detailed Inspections. The back page of this manual also includes a space for the user to record the product name, serial number and date of manufacture.

The product name, unique serial number and date of manufacture will be found on the product labels shrunk onto the lanyard and 16mm rope. Always make sure the product labels are present showing both the serial number and date of manufacture. If the serial number/description is not legible on the Product Label(s) or do not match the User Manual – **DO NOT Use the System!**

This System along with all your other Fall Protection PPE must be subjected to a pre-use check, each time, before use. Failure to inspect the System correctly could cost you your life. You should be trained to carry out a pre-use check. Detailed recorded inspections at a frequency of 6 months should only be carried out by a trained competent person, appointed by the employer. Additional recorded interim inspections may be required where risks from transient arduous working environments exist. This should be identified through Risk Assessment.

The pre-use check must include (but is not limited to)

- Check all rope for signs of cuts, abrasions, fraying, tears, burns, mould, discolouration or chemical attack.
- Adjusters and connectors must be free from rust, excessive wear, distortion or cracks.

- Check all devices for correct operation ensuring there is no tendency for them to stick or jam.
- Check connector gates operate and lock correctly.
- Check the 'Chunkie 100' energy absorber pack for signs of deployment. If tear webbing is visible at either end of the shrink sleeve the lanyard must be withdrawn from use and inspected by a competent person.

If during the pre-use check the system is found to be or believed to be faulty DO NOT use it. Remove from site to ensure it cannot be used by anyone else.

WARNING:

All rope adjusters can damage the rope if a fall has taken place. Not only check the Man-U-Just but also the rope.

Cleaning, Maintenance and Storage

Keep the product clean and dry. Remove excess moisture with a clean cloth then allow drying naturally in a warm room away from direct heat.

You may clean this system using water. First rinse in clean cold water – if still soiled; wash in clean warm water using detergent if necessary. Thoroughly rinse in clean cold water and dry as described above.

Chemical Attack

Avoid contact with any chemical, which might affect the performance of this product, e.g these include all acids and strong caustic substances (vehicle battery acid, bleach etc)

If subject to chemical attack, you must remove it from service and check with the supplier or **P&P** for advice on the possible consequence of chemical degradation.

Storage

After any necessary cleaning, dry completely then store in a cool dry place, which will protect it from extreme humidity and direct heat.

Transportation

Care should be taken to protect the system against risks such as those detailed under Service Life. A simple effective way is to transport the system in a suitable bag or container which prevents abrasion.

Service Life

The **P&P Man-U-Just System** has a maximum working life of 5 years from date of first use, provided it is correctly stored and maintained. However, if the system fails any inspection it **MUST** be destroyed. See the Statement of Obsolescence within this manual.

About This Manual

This User Manual is for English speaking countries only. If you require this manual in a different language, please Contact **P&P**. When this item is sold on, this manual must accompany it and be supplied in the language of the destination country.

Product Details

The Product Code, Serial number and Date of Manufacture of the **P&P Man-U-Just System** should be entered on the back page of this manual for future reference and inspection purposes.

Warning

This **P&P Man-U-Just System** must be used by persons who are medically fit to do so. If you have any medical condition, are recovering from any medical condition or suffer from any physical or mental disability you must seek professional medical advice before using this **P&P Man-U-Just System**.

Statement of Obsolescence

Due to the ingress of dirt and grit, chemical contamination, edge and surface damage, ultraviolet light degradation, and wear and tear, Fall Protection Equipment manufactured from synthetic fibres (webbing and/or rope) is subject to a manufacturer's statement of obsolescence, which is a requirement of BS EN 365:2004 a European Product Standard. Any item of Fall Protection Equipment manufactured by **P&P** with synthetic fibre components (webbing and/or rope) is subject to maximum life span of 10 years from date of manufacture, provided that the item has been correctly stored, maintained and subjected to regular recorded inspections by a trained and competent person. However, if the item fails any inspection, it **MUST** immediately be withdrawn from service and destroyed.

An item of Fall Protection Equipment incorporating synthetic fibre components (webbing and/or rope), manufactured by **P&P** from January 2015, which has been subject to a lifetime recorded inspection plan, may give a maximum life span of 10 years. The lifetime recorded inspection plan must be continuous from date of first use and be undertaken by a competent person appointed by the employer. Competent persons must be trained in the use and inspection of the equipment. The lifetime inspection plan must include as a minimum requirement, a pre use check and 6 monthly recorded inspections. The frequency of inspections should be determined by risk assessment, use and environmental conditions.

Reference should also be made to the British Standard BS 8437:2005 – 'The code of practice selection, use and maintenance of personal fall protection systems and equipment for use in the workplace' - clause 13.2 Lifespan, which states:

'Some equipment is given a life span or obsolescence date by the manufacturer. Equipment that has reached such a limit, which has not already been rejected for other reasons, should be withdrawn from service and not used again, unless or until confirmed by a competent person, in writing, that it is acceptable to do so.'

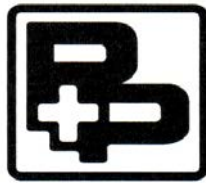
It should be noted that inspections carried out by a trained and competent person are only visual and tactile observations of the condition of the product; they are not testing the residual strength of the equipment. All synthetic fibres deteriorate slowly with age regardless of use and as a result, **P&P** strongly advises all users of Fall Protection Equipment to follow the manufacturer's statement of obsolescence.

For further advice on this statement, as well as training in the use and inspection of Fall Protection Equipment, please contact **P&P Safety Ltd**.

INSPECTION RECORD

Supplier: Date Purchased:/...../..... User Name: Date First Used:/...../.....

Date	Pass/ Fail	Comments / Actions	Next Inspection Due	Print Name	Signed
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EC DECLARATION OF CONFORMITY

The Manufacturer in the Community
P&P Safety Limited, 131 New John Street, Aston, Birmingham
B6 4LD United Kingdom

Declares that the PPE described hereafter as the

P&P Man-U-Just System

is in conformity with the provisions of Council Directive 89/686/EEC and where such
is the case, with the national standard transposing harmonizing standard numbers:

BSEN 358: 2000

is identical to the PPE which is subject to EC certificate of conformity number(s)
BSEN 358/95/01 January 1995 amended AD135 December 2010 issued by TUV NEL Limited, East Kilbride,
Glasgow, G75 0QU, United Kingdom
EC Notified Body No 0320

is subject to the procedures set out in Article 11 point B of Directive 89/686/EEC
under the supervision of the approved body:

The British Standards Institute, 389 Chiswick High Road, London
W4 4AL, United Kingdom
EC Notified Body No 0086

Done at Birmingham, United Kingdom

on 19 October 2015

Senior Technical Manager

PRODUCT NAME:.....

PRODUCT CODE:.....

SERIAL NUMBER:.....

DATE OF MANUFACTURE:.....

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